

The Arthritis Toolkit

A Stanford evidence based program designed to help individuals with arthritis live their lives a little bit better each and every day!

- Exercise CDs
- Information Sheets
- An Action Plan
- Exercise Action Plan
- A Self-Test

Also available
in Spanish

Arthritis Toolkit contains

Benefits

- Manage your symptoms
- Put life back in your life
- Manage arthritis through exercise, pain management, and relaxation

Contact Carol Hughey at the Aging and Disability Resource Center at 608-723-6113 for information on how you can get your hands on a toolkit!

For more information and resources contact:



www.wisconsinarthritisprogram.org



1-800-333-1380